

Z C H S

REBEL NEWS

Editors for October
Maxine Youngblood, Bernice Adair, Catherine McClain

Mrs. Sylvia T. Lowery, Advisor

Editorial

WHAT DO YOU THINK
ABOUT YOURSELF?

Do you feel sorry for yourself? Do you feel you don't have a chance in life than the way you live? or where you live? Do you feel that someone has been cheated in life? You say, "That describes my problem perfectly, but what can I do?" You can't simply by changing the way you think about yourself. You need to develop self-esteem. Self-esteem means being proud or conceited or putting yourself up on a pedestal and expecting everyone to look at you. It means having the proper respect for yourself and realizing that you are worth something.

There are some things over which we have no control. No person chooses his parents, his race, his social background, or his physical make-up. Since this is true, we are nothing to be ashamed of regarding these matters, and we have nothing to be conceited about either.

Let's make the most of what we have, for each of us is a special combination of talents and personality. Remember as a wise man once said, "If you have no pride in ourselves, and no self-respect, how can we expect others to respect us?"

Moments
For Meditation

God Esteems Every Person
God esteems every person highly. God wants us to have respect for everyone, including ourself. If we are not of someone because of their physical characteristics or their social background, we are responsible for not persecuting them. To look down on or despise another person is a great sin. God's son once said, "The truth is, it also wrong to despise yourself. God loves everyone. He doesn't look upon us humans as a mere mass of humanity. He sees and loves us as individuals. As Sterne once said, "To have a regard for others' honor and our morals; and to have a deference for others governs our manners."

Library Club News

The Library Club held its first meeting of this school year recently. The meeting was held to discuss the needs of the club, to welcome new members, and to elect officers. The following officers for the year were elected: President, Dretta Nelson; Vice-President, Teresa Wilson; Secretary, Dorothy Smith; and Reporter, Nickie Sexton. Payment of dues was discussed, and a deadline for payment October 1st. The meeting was adjourned until the next called meeting. The sponsor is Mrs. Sylvia Lowery.

Nickie Sexton
Reporter

NEWS FROM THE YOUNG REBELS

Lucky students have the opportunity to receive special instruction in mathematics. Special math classes provide individual instruction, smaller groups, and better working conditions for students and teachers.

Working with an elementary group in modern mathematics is Mrs. Sylvia Lowery.

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QUANTITY RIGHTS RESERVED

BIG BEAR SUPERMARKETS

YOU CAN GET RICH...IF YOU PLAY
Streak-O-Luck
1st PRIZE THIS WEEK IS...
\$1,500.00
PLAY MONDAY NIGHT 6:30 P.M.
WCIV-TV 20 MONTGOMERY WTVY-4 DOTHAN

TOTAL PRIZES TO BE GIVEN AWAY \$34,500.00
1,500,000 Q-Yellow Stamps

GET YOUR FREE TICKET EACH TIME YOU SHOP BIG BEAR!

AMERICA'S FAVORITE DETERGENT TIDE SAVE 31¢
49-oz. box 68¢
LIMIT 1 OF YOUR CHOICE WITH \$5.00 OR MORE ORDER

BLACK PEPPER SAUER'S GROUND 4-oz. can 59¢
APPLE JELLY 20-oz. jar 43¢
It's no trick! These savings are for real!

GARDEN DELIGHT CRINKLE CUT POTATOES SAVE 20¢ 5 lb. bag 99¢
MCCORMICK DINNERS SKILLET MAGIC CORN HY-TOP GOLDEN asst. pkgs. 303 can 49¢
HY TOP WHOLE TOMATOES 4 303 CANS 1.00

KLEENEX FACIAL TISSUE 125-ct. pkg. 25¢
GREENS FROSTY ACRES COLLARDS OR TURNIPS 20-oz. 43¢

H.Y. TOP BREAD 3 1½-LB. LOAVES \$1.00

APPLE KITS CONCORD CANDY INDIAN SUMMER JUICY SWEET FLORIDA GOLDEN RIB BANANAS CRISP GREEN HEAD CABBAGE CRISP GREEN CELERY APPLES CRISP SCHOOL BOY JONATHAN 4 lb. 69¢

CAMPBELL'S SOUPS 6 10½-oz. cans 1.00 SAVE 29¢
CHICKEN NOODLE CHICKEN WITH RICE CHICKEN WITH STARS CREAM OF CHICKEN CHICKEN BROTH

GREEN GIANT WITH CHEESE SAUCE BROCOLLI 10-oz. 49¢

U.S. NO. 1 ROUND WHITE POTATOES 10 lb. bag \$1.19

PRESTONE II ANTI-FREEZE 5-oz. pkg. 29¢
gallon \$149
5 lb. bag 89¢
lb. 15¢
lb. 17¢
stake 29¢
APLLES CRISP SCHOOL BOY JONATHAN 4 lb. bag 69¢

BANQUET FROZEN FRUIT PIES 20-oz. pie 39¢
APPLE COCONUT CHERRY PEACH

FEMININE NAPKINS REG. OR SUPER KOTEX 12-ct. 49¢
box 99¢

MINUTE MAID 100% PURE FLORIDA ORANGE JUICE 2-oz. cans 63¢
SARA LEE PECAN COFFEE CAKE 12½-oz. 99¢

Minute Maid ORANGE JUICE 16-oz. 99¢

DEODORANT SPRAY SECRET 4-oz. size \$1.03

PAIN RELIEVER BUFFERIN 36-ct. pkg. 77¢

GET 100 EXTRA Q-Yellow Stamps
WITH THE COUPONS IN THIS AD

FREE 100 Q-Yellow Stamps
USE THIS COUPON AND YOUR
\$1.50 OR MORE FOOD ORDER
Limit One Coupon Per Food Order. Please
Good Thru Oct. 30, 1973
AT BIG BEAR SUPERMARKET

PRIZES FOR THIS WEEK!

1 PRIZE	\$1500.00	4 PRIZE	\$100.00
2 PRIZE	\$500.00	5 PRIZE	100,000
3 PRIZE	\$200.00	6 PRIZE	100,000

LIMIT ONE COUPON PER FOOD ORDER. PLEASE
USE THIS COUPON AND YOUR
\$1.50 OR MORE FOOD ORDER
Limit One Coupon Per Food Order. Please
Good Thru Oct. 30, 1973
AT BIG BEAR SUPERMARKET

COME ON IN TODAY!
TRUCKLOAD BEEF SALE!
USDA CHOICE
Tenderedged U.S. Choice Beef

FRESH LEAN
Ground 3-LBS. OR MORE 99¢
lb. 104 lb.

TENDER-AGED U.S. CHOICE
Sirloin STEAK 1.79
lb. 104 lb.

TENDER-AGED U.S. CHOICE
Tip BONELESS RUMP OR ROAST 1.89
lb. 104 lb.

TENDER-AGED U.S. CHOICE
English ROAST 1.08
lb. 104 lb.

TENDER-AGED U.S. CHOICE
7-Bone ROAST 98¢
lb. 202 lb.

ROUND FULL CUT \$1.69
lb. 104 lb.

TENDER-AGED U.S. CHOICE
T-Bone STEAK 1.89
lb. 104 lb.

TENDER-AGED U.S. CHOICE
Chuck ROAST 88¢
lb. 216 lb.

SHOULDER ROAST 1.18
lb. 114 lb.

DEL MONTE FRUIT COCKTAIL 17-oz. can 34¢
APPLE JUICE 32-oz. jar 43¢
Make Big Bear your halloween candy headquarters!

HY-TOP ALL FLAVORS ICE CREAM 58¢
half gal. ctn.
LIMIT ONE WITH \$5.00 OR MORE ORDER

MORNING GLORY GRADE "A" EGGS 68¢
medium doz.

SPAGHETTI SAUCE RAGU 15-oz. 53¢
TENDER VITTL'R URINA 16-oz. pkg. 29¢

AUNT JEMIMA CORN MEAL SELF-RISING 5 lb. bag 49¢

BISCUITS PILLSBURY BUTTERMILK 4 4½-oz. cans 41¢
BISCUITS PILLSBURY BUTTERMILK 8-oz. can 57¢

BIG BEAR HAS EVERYTHING YOU NEED FOR A FUN FILLED HALLOWEEN PARTY!

FAST ACTING ALKA SELTZER 25-ct. pkg. 59¢
FREE 50 Q-Yellow Stamps